



Sixth decade of the International Neuropsychiatric Pula Congresses

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Abstract

The International Neuropsychiatric Pula Congresses, founded by Zagreb and Graz University Neuropsychiatry Departments in 1961, celebrated in 2010 their 50 years anniversary, successfully continuing their sixth decade. The author witnessed and participated from 1966 in their development, 23 years as their Secretary General, from 2007 the Honorary President of the INPC Kuratorium. Starting when neuropsychiatry was unique discipline, the INPC followed processes of emancipation of neurology and psychiatry and of the evolution of independent disciplines with new subspecialties.

These respectable conferences greatly surpassed the significance of the two disciplines, connecting experts in the region and those from European countries and the world. Inaugurated in times of the »cold war«, they enabled professional and human contacts between the divided »blocks«, thanks to the »non-aligned« political position of the then Yugoslavia, fostering ideas of mutual understanding and collaboration.

For these achievements the meetings early earned the title of the »Pula school of science and humanism« promoting both interdisciplinary collaboration and humanism, unconditional presumption for peaceful living on the Earth. Medicine, as science and practice, although founded on biological grounds, is primarily a human activity serving to individual man and the whole human race. Modern neurology and psychiatry are no longer restricted to diagnosing and curing brain and psychic dysfunctions, becoming a science of human mind and discipline caring about the brain, the organ of the individual and collective human consciousness and his mental life. Such atmosphere contributed to the fall of the totalitarian, narrow-minded political, ideological or nationalistic thinking, aiming towards tolerance and humane democratic developments in the united Europe and the preparation for the peaceful living of people of various nations, races, religions and viewpoints in the 21st century.

Sixth decade of the international neuropsychiatric Pula congresses

50 years' Anniversary Jubilee of an international meeting with continuing maintenance would mean a big success even for a country with long medical scientific and cultural traditions and rich financial resources. For Croatia, small and not rich country, even with significant support from Croatian institutions and from the County of Styria and the Republic of Austria, the International Neuropsychiatric Pula Congresses certainly present a nearly unique phenomenon. The conti-

uation of this long tradition to the sixth decade and the successful 52nd Congress (Pula, June 20–23, 2012), supports the author's belief for the longevity and good perspectives of these neuropsychiatric meetings, with very specific and distinctive traits, labeled by many »The Pula School of Science and Humanism«.

Originating from a small gathering of neuropsychiatrists with hardly sixty participants in 1961, mostly from Zagreb and Graz, based on traditional collaboration between Graz and Zagreb and Austrian and Croatian medicine, they have been evolving into a respectable international meeting greatly surpassing the significance of two disciplines: neurology and psychiatry. Inaugurated in the times of the »cold war«, they have reached the high professional, scientific and humanistic goals, overcoming many difficulties and obstacles. They enabled contacts between the then divided parts of Europe, fostering ideas of mutual understanding and collaboration, promoting interdisciplinary collaboration between nowadays independent disciplines: neurology, psychiatry, neurosurgery and borderline medical and non-medical disciplines, reflecting scientific and professional advances in medicine and science.

We accentuate the three main peculiarities of these meetings: 1) High level of scientific and clinical contributions to the neuropsychiatric themes, enormously developed by neurology and psychiatry, now independent disciplines, especially covering the borderline fields between them. Such presentations were delivered by the leading speakers, basic scientists and clinicians, covering borderline medical or non-medical disciplines, inciting new investigations or encouraging good clinical practice in the participating countries with actual contributions. 2) Vast exchange of experience by mutual discussions between the eminent speakers and participants from the region and the world. 3) Fruitful contacts of participants on broad international basis, important in times when Europe was divided by »iron curtain«, Pula meetings enabled personal contacts of scientists and clinicians.

Many factors contributed to the successful development of these meetings, starting in the year 1961 as a small »Weekend Symposium« and achieving in the years before the Grinschgl's sudden death in 1984 the number above 500 colleagues and 1000 active participants in the years 1988 – 1990 before the beginning of wars in the former Yugoslavia. That was the result of early initiators' collaboration and the specific »non-aligned« position of the then Yugoslavia. Celebrating the 50th Jubilee, we have got an appropriate occasion to fulfill our obligation to evaluate significance of their scientific scope, professional achievements, social significance and didactic results in international relations, specifically of their impact on health services in the South East European region, from where the most participants were coming. The 50th Jubilee was a right moment to pay tribute to the personalities who initiated and achieved these missions of the Pula meetings. The answer should also be given regarding their scientific, practical medical, social and humanistic impacts and of their potentials for the future.

The author belongs to rare participants with the long participation in the Pula meetings, first as active participant from 1966, later with increasing responsibilities in the organization of the meetings: the deputy of Professor Lopašić, one of the founders of the Pula conferences, at the consultations in Graz from 1967, Secretary of the »Yugoslav Regional Office« in the Neurology Department »Rebro« (Zagreb) from 1971, a Kuratorium member from 1974, the INPC Secretary General with Helmut Lechner (1985–2007), a member of the »Alps-Adria Neurosciences Section« with Battistin and Lechner (1986–2007), and the Kuratorium Honorary President from 2007. For this reason I was nominated by the INPC Kuratorium at its session in Graz (2008) the main Editor of the **50 Years Memorial Book (1)** for the Jubilee Congress (2010) and to prepare the book. I felt obliged to my friends and colleagues with which I collaborated for several decades, some of whom were not anymore with us, to commemorate their efforts like they deserved, but also to the international scientific community and the public life in the participating countries. I thank to the contributors in the book and to colleagues who assisted me in this commitment, especially to my Co-Editor Professor Vida Demarin and her aides in successful publishing of the Memorial Book.

For the present review I utilized the Memorial book (1), Programs, Abstract books and Proceedings of many years and other documents, analyzed also earlier (2), and a large report on the Pula congresses published recently in Croatian, primarily for the Croatian and regional professionals (3).

The official founders of the Pula meetings, in those times most responsible for their start, must be regarded the then Heads of the Neuropsychiatric Departments: Professors **Hans Bertha** from the Faculty of Medicine at the Karl-Franzens-University in Graz, and **Radoslav Lopašić** (4) from Zagreb University Medical Faculty. However, the peculiar mark of these meetings is that the decision to make them a common scientific project of the Graz and Zagreb University Neuropsychiatric departments came a long time after the fortuitous encounter of Rosenzweig and Grinschgl in Copenhagen in 1951. Assistant Professor Dr. **Gerald Grinschgl** (5) was certainly a person to which go most of the credits for creation and development of the Pula conferences: with features of his personality, his humanistic education and diplomatic gifts, he systematically, resolutely and determinedly, sometimes even »behind the curtains«, directed many actions so that the Pula meetings have evolved into important international yearly congress with specific purposes and qualities. As Professor Ganner told in his Commemoration to Grinschgl, he was a true »zóon politícón«, able to achieve his goals in the best possible way, uniting people to common intentions. Grinschgl himself, on the other side, was very aware of his own achievements appreciating them in the words in his written retrospection of the meetings, four years before his unexpected death: »*Twenty years of the Pula Symposia delineate a long portion in fast developments of modern medicine. They furnished also the*

evidence, that it is possible also in our times to achieve the fruitful and successful scientific results with partners of various languages and of different sociopolitical orientations. In whatever direction the Pula Symposia could evolve in the future, their progress so far is worth so much they deserve to stay preserved for the coming times» (6).

Quite accidental was the crucial antecedent of the Pula meetings, an encounter of the two young neuropsychiatrists in the pause of a Conference on poliomyelitis, then the actual neurological disease: unknown in broader circles, much later Grinschgl described it. It was the destiny: without it there would be no Pula meetings. In his memories to the beginnings of the Pula Symposia Grinschgl described the general situation in the region after the end of the Second World War: *»For six years after the end of the war, Europe's countries were still separated from each other by limitations of travel, visa requirements and currency restrictions. The need, indeed the necessity, to cross over national borders for the international contacts, precisely in the sciences and particularly in the field of medicine, increased. So it happened that on September the 6th, 1951, the representatives of two Central European countries met during a break at the 2nd International Poliomyelitis Conference in Copenhagen. The then young assistant at Graz Neuropsychiatric Department Dr. GRINSCHGL, was approached by a young man whose name badge read »Dr. ROSENZWEIG, Zagreb, Yugoslavia«. Pointing to his badge he indicated that they should keep together as representatives of small countries, indeed also as neighbors; this was the perfect moment to embark on a new era in the medical and scientific relationships between Austria and Yugoslavia. That moment ranks, in retrospect, as the beginning of later intensive neuropsychiatric relations between the two countries, symbolizing, to some extent, also the moment of »conception« of the Neuropsychiatric symposia in Pula. Their »birth«, however, was thereafter preceded by a »pregnancy« lasting almost ten years!« (6).*

The personalities of Gerald Grinschgl and Arnulf Rosenzweig and their accidental encounter were indeed crucial for the later development of the Pula meetings, unique in Europe, where professionals from the two »blocks« could meet and speak freely. – Therefore, Arnulf **Rosenzweig** (7) should be regarded a true initiator of contacts leading to the Pula meetings. A Croatian Jew, participant of the antifascist movement, a democratic and liberal intellectual, nice gentleman and a friendly man, an eminent Croatian neurologist and teacher, went first on the idea of collaboration with the former »enemies«. Grinschgl, on the other side, arrested and prosecuted during the Nazi occupation, collaborating in the resistance movement with the later Austrian Foreign Minister and Austrian Ambassador in the USA, Karl Gruber. He immediately accepted Rosenzweig's proposal for collaboration between the Graz and Zagreb University Clinics. Such collaboration with a »winner country« from the South-East Europe, organized when Austria was still under control of the 2nd World War winners' army, was a proof of the Austrian anti-Nazi policy. General political situation in Yugoslavia after the break between Tito and

Stalin in 1949, made such collaboration possible and even desirable from both sides. Younger generations, frustrated by the 2nd World War and postwar difficulties, both in Austria and in Yugoslavia, accepted these contacts, important for the future of Europe. It was necessary that both heads of the Departments, Lopašić and Bertha, supported this cooperation, taking official responsibility for it.

The scientific exchanges were organized between the Graz and Zagreb Departments: Rosenzweig, Duška Blažević, Stjepan Betlheim, Sergije Dogan, Nikola Peršić (all, except Rosenzweig, later University professors in Zagreb) were visiting Graz, and the colleagues from Graz paid visits to Zagreb, with friendly arrangements in times of *»limitations of travel, visa requirements and currency restrictions«*. Scientific lectures and joint projects enriched this exchange programs. Blažević and Grinschgl attended the First Congress of Yugoslav neuropsychiatrists in Novi Sad (1962) to present their common experimental work (2, 3, 6). Grinschgl described this Congress: *»It was then, that I got to know the outstanding men and women who formed the leading group in our discipline in Yugoslavia: Vujić, Ristić, Gospavić from Belgrade, Niketić from Škopje, Kanoni and Marinčić from Ljubljana, Lopašić and Julius from Zagreb, to name but some of them. I can still remember the enthusiasm with which the presentations were received at the congress: an overwhelming need to absorb new discoveries and take in the experiences of others. Everything was improvised and for that very reason good-humored and spontaneous...«* Grinschgl also described how instead of planned Opatija, for the venue of a first meeting between the Graz and Zagreb colleagues, finally was chosen Pula, becoming a regular venue of all future neuropsychiatric meetings (6).

Grinschgl's sentence outspoken in 1980, that ten years were needed from the Copenhagen encounter (1951) – the »moment of conception« of the Symposia – to their »birth« (1961): the »pregnancy« lasted ten years, symbolized in the eloquent way the complex political circumstances in those times in Europe, including Croatia, Yugoslavia and Austria. – **The First Symposium in 1961** was announced as the »Wochenend-Symposium« of the Graz University Neuropsychiatric Society (*»Neuropsychiatrische Gesellschaft an der Universität Graz«*). Even the lecture of Professor Lopašić, the highest representative of the host country, was announced as »Guest lecture« (*»Gastvorlesung«*) (8). In fact, from our present perspective, it was a meeting of Graz neuropsychiatrists in Yugoslavia (Croatia), to which their Zagreb colleagues were invited with the colleagues from Pula and Rijeka, and only one, **Prof. Werner Scheid** (Köln), the leading German neurologist in the postwar times, author of the famous German Neurology textbook with many consecutive editions (8, 9). For this reason the Austrian Consul General in Zagreb, Dr. Dengler, had to be present, continuing this function until the year 1974. In this way the meeting gained step by step a true international scent only later, but Grinschgl probably had such plans from the beginning. By such organization the meetings

were not »illegal« – on the contrary: »unofficially« permitted by the then responsible Croatian political structures (2, 3).

Still the 3rd Symposium was organized by the »Graz University Neuropsychiatric Society«, this time in collaboration with the »Yugoslav Association of Neuropsychiatrists« and its President gave his Address at the Opening ceremony. In the Organizers' Address published in the Program, signed by the Chairman of the Society H. Bertha and the 1st Secretary G Grinschgl, they greet »the common scientific work with Yugoslav colleagues from all parts of their beautiful country«. They stressed *»the collaboration of neurologists, psychiatrists and representatives of other collaborating disciplines, which contributed to the exchange of thoughts and the social unity of speakers and listeners«*, thanking *»for the hospitality of the City of Graz and its Lord Mayor«* (8).

In the published Scientific programs of the first five Symposia, besides of the names of the organizers, the names of the recognized neurologists and psychiatrists from the republics of the whole host country, Yugoslavia, were seen: *Croatia*: Betlheim, Dogan, Župić, Puškarić, Jušić (Zagreb), Jelašić, Rukavina, Čuk, Haasz (Rijeka), Maretić, Prodan, Nazor, Paić, Franić (Pula), Maglajlić (Osijek); *Slovenia*: Likar, Lesničar; *Serbia*: Ristić, Nikolić, Bogičević, Perović (Beograd); *Bosnia and Herzegovina*: Zec, Horvat, Bokonjić (Sarajevo); *Macedonia*: Niketić (Skopje).

In October 1963 Grinschgl organized a meeting of the representatives of the Pula participants on the beautiful lake Bled in Slovenia, in order to put a new basis for future organization of the Pula meetings. According to the old Austrian tradition the elected Organizing committee was entitled »Kuratorium« (cura [latin] = care). The first eight elected Kuratorium members were: Bertha, Grinschgl, Jelašić, Kuiš, Lopašić, Reisner, Ristić and Scheid. The sudden tragic death of Professor Bertha in January 1964 after the traffic accident did not stop, however, the growth of the meeting in the next years: new participants from various parts of Europe were coming each year (Greece, Hungary, Belgium, Switzerland, Czechoslovakia, Eastern Germany, Bulgaria, Turkey, etc), and the participation from all Federal Republics of Yugoslavia was increasing. There were ample possibilities for discussions at the sessions or outside the conference hall.

We can follow the activities of the meetings from the yearly »Scientific programs« and from the chosen topics and names of the invited speakers (10). We see the names of the participants and their origin also, for the first twenty years, from the list of »Memory Medails' winners« of the period 1961 – 1980 (11): e.g., although, Rosenzweig was never formally chosen a member of the Kuratorium, besides 2 colleagues from Pula: Nazor, Paić, he was one of only 5 persons present in all first 20 Pula Symposia: Grinschgl, Rosenzweig, Scheid.

Growing and changing their character, the Symposia changed their name: 1st–6th (1961–1966): Wochenend Symposium; 7th–19th (1967–1979): Neuropsychiatrisches

Symposium; 20th–24th (1980–1984): Internationales Neuropsychiatrisches Symposium; 25th–30th (1985–1990): Internationales Neuropsychiatrisches Gerald-Grinschgl Symposium; 31st–44th (1991–2004): International Neuropsychiatric Symposium. After the 44 years of successful work, achieving high scientific and professional levels, set by their early founders and participants in many following years, the Kuratorium decided unanimously at its autumn Meeting in Abano (2004), to rename the scientific Pula conferences to »congresses«, due to their high-level organization, eminent lecturers and actual themes, presenting recent advances in neurology and psychiatry, treating systematically the borderland problems of neurology and psychiatry, securing the unique character and function. So they have become **from the 45th one in 2005** worldwide known **International Neuropsychiatric Pula Congresses** (2, 3, 8).

During all the past 50 years the Pula meetings have had a good support and understanding from Croatian institutions and official personalities, in spite of some attempts of political diversions. The Executive Council of the Croatian Parliament (then the government of the Republic of Croatia) was always officially functioning as High Protector (*In Croatian*: Pokrovitelj) of the meetings on behalf of the Yugoslav Federation, from the 20th Symposium in 1980 and each 5th year since then (2, 3, 8). From that time the high Protector was always the President of the Republic of Croatia, the highest representative of the host country.

Sudden death of Gerald Grinschgl produced nearly a shock. However, both the Program and the Summary book were finished on time with a great job and help by his widow Mrs. Traude Grinschgl, and in cooperation with the late Professor Stochdorph and me, as editors of the 25th Summary book. So the 25th Symposium was held under normal conditions.

Grinschgl's friend and admirer, Professor Ganner, described his life and scientific work, not going into the details of his important work for Pula Symposia. That would need another talk: »When on October 9th 1984 Mrs. Traude Grinschgl took the telephone to say us, the twelve Kuratorium members: five Yugoslavs, four Germans, two Austrians and Professor Grosser from Padua, the sad news, that Gerald Grinschgl had died, unexpectedly and prematurely, at the age of 63, no doubt, each of us for a moment felt weak at the knees.« He ended with thoughts which everybody was feeling: »It goes without saying that we all preserve faithful memories of the late Gerald Grinschgl, going well beyond the mystery of death« (5).

There were some dilemmas whether to continue these meetings without his founder and long years' symbol of our common work (8, 3). The decision was brought to continue them on the foundations built together with Grinschgl. Professor Helmut Lechner, the Head of the Graz University Neuropsychiatry, the world recognized investigator in cerebrovascular diseases and clinical neurophysiology, was unanimously accepted, together with

me, as Co-Secretaries General of the Kuratorium, with offices in Graz and Zagreb.

The new Co-Secretaries understood their primary responsibility to organize the appropriate connections with European scientific centers in East and West, with the Republics of Yugoslav Federation and in neighboring countries. Lechner initiated many initiatives in the organization in order to make Symposia easier to organize, in line with contemporary big congresses and conferences, keeping the same basic traditional model and goals. He connected the Pula Symposia with the South-East European Society for Neurology and Psychiatry (Salonika/Greece), organized in the past in collaboration with the Greek colleagues (Ierodiakonou). At the same time English was introduced as the only official congress language, without simultaneous translations. It was necessary to introduce the review procedure for the Scientific contributions, organized by the Zagreb Secretary General, sent for reviewing to the Kuratorium members. The Kuratorium accepted the rules for preparing invited Introductory and Academic lectures, prepared for the Proceeding book as a type of a Review or Critical Review papers. The strict rules were also established and published for acceptance of the submitted Abstracts of the Scientific contributions. Many eminent speakers were invited to enrich the Pula programs with their expositions of specific topics within the mainstream of the Pula INPS/INPC interests.

Lechner and Barac, consulting the Kuratorium, introduced new, modern ways of preparing the **Proceedings books** with the larger texts of the invited Introductory and Academic lectures, written by the eminent speakers, useful also for postgraduate education, analogous to didactic texts of the American Academy of Neurology. In 1992 the **WEB sites of Pula Symposia** were introduced, with help of the Croatian Ministry of science, with recent information on future program; in 1955 the independent WEB sites, with the Invited papers of the Academic, Introductory lectures and Summaries of the accepted Scientific contributions. There were also a choice of photos from the working and social parts of the Congresses.

During the wars in the former Yugoslavia the active participants from Croatia and other countries of the former Yugoslavia were freed from paying the fees, what Lechner arranged financing Symposia from Austrian sponsors.

On March 27, 2006, we received a new unexpected blow of destiny: our dear friend, worldwide renowned clinician and scientist, my Austrian partner Secretary General Helmut Lechner, suddenly died after a long illness, already when we had hoped that he had conquered the terrible disease with which he was bravely fighting for several years. I had the sad obligation to speak on behalf of the Kuratorium on the Funeral Ceremony in the church in Strass on April 1 2006. Several articles were published on his important scientific, educational and organization activities and specially his tributes to the

growth of the INPC. The Commemoration for General Secretary Lechner was organized during Opening ceremony of the 46th Congress, Thursday, June 15 2006, and the Concert to his Memory the same evening to honor his medical, humane and cultural activities, especially for his fostering the Pula Symposia (10).

We can see in detail the list of participants in the Pula Symposia from the list of Memory Medails winners of the Pula Symposia in the first 20 years prepared by the first Secretary General Grinschgl, published in the Memorial booklet of the 20th Symposium (10).

Analyzing the Programs during the 50 years (11) we see confirmation of the basic principles of our meetings, always improved and updated in time according to the advances in medicine, particularly in neurology and psychiatry, social and political circumstances in Europe, in the region and in the world, taking care on the social functions of both disciplines: neurology and psychiatry. I would like mention only some the then actual topics presented either in the Main themes or in the Academic lectures:

- 1962–1965: The topic: »Psychiatry and Arts« was a topic of four Symposia, and later from to time in some presentations.
- 1963: Somatically founded psychoses or neuroses.
- 1966: Possibilities and limits of special diagnostics and management procedures; Driving license in epileptic patients.
- 1968: Psychiatric patient in changes of times; Psychiatrist's professional secrecy.
- 1969: Neurological and psychiatric aspects of head trauma; Legal problems in psychiatry: admission, management and discharge from hospital.
- 1972: Management of Psychopathologic syndromes in the aged.
- 1973: Cerebral fits (epileptic and nonepileptic).
- 1974: Intensive and Emergency Neurology and Psychiatry.
- 1975: So-called »Involution psychoses«.
- 1977: Rehabilitation in Neurology.
- 1979: Neuropsychiatric Indications for pregnancy interruption and sterilization; Neuropsychiatric problems in the aged.
- 1982: Dementia Syndromes.
- 1984: Paroxysms in Neurology and Psychiatry.
- 1985: The recent developments in Neurology; The recent developments in Psychiatry; Actual situation of Neurology in research and practice.
- 1986: Psychogeriatrics. Therapy of CVD.
- 1987: Application of new technologies in neurology. Current trends in diagnostics and therapy of depressive diseases.

The same can we see also in the rest of the Programs of the Pula conferences (12).

Interesting is position and fate, particularly from our days' aspects, of the **cerebrovascular diseases**. First time

CVD were mentioned in 1967 within a Theme on »Intracranial space-occupying lesions« with topics on traumatic intracranial hematomas«, »Non-traumatic intracranial hemorrhages« and »Non-traumatic chronic Subdural hematoma«, prepared mainly by neurosurgeons. It was logical, if we understand that in the previous years only this topic started to be investigated, after a long period of fatalistic attitude of the then medicine towards the »stroke« (»apoplexy«) was present. Only after start of intensive investigations and new advances in the concepts of cerebrovascular disorders in the world, with new diagnostic and therapeutic methods, the Main theme in 1970 was »Actual therapeutic problems in Neurology and Psychiatry« with a topic »Management of cerebrovascular processes«. Following the beginning neurosurgical management of some stroke cases in 1978 we have a Roundtable: »Neurologists and Neurosurgeons discuss on Stroke«, with leading experts from Europe and the region (e.g. Barac, Diemath, Gänshirt, Paal, Tariska, Vidović). In 1983, with the growing number of Neurological Intensive Care Units in Europe and in the region one of the main themes was »Intensive medicine in Neurology«. Four topics of one Main theme in 1986 were dedicated to various forms of CVD, while the next year it was reported within a Theme »Application of new technologies in Neurology«. The same year Barac had the Academic lecture »Vascular diseases of the brain«, while a group of eminent neurologists, experts in CVD reported on various »Etiologies of CVD« (first on the list was John Marshall, then Director of the famous Neurology Institute on »Queens Square« (London), actively engaged in the worldwide research; one other group of experts discussed on »Models of prevention of CVD«. This field was much more frequently in the programs of 1990, 1992, 1995, 1999, 2000, 2004, 2005, 2006, 2007, 2008, 2009, and 2010. On the Jubilee of the 50th Congress the theme was organized as *Joint meeting with WFN RGODNS and CEES*. It should be stressed that in 2004 Professor Demarin had the Academic lecture »Social Aspects of Cerebrovascular Diseases«.

When we see the selected topics of the Main themes, not mentioning the leading experts and the then leading professionals from Europe and the world lecturing on special topics, we must admire the organizers: the Secretary Generals and the whole Kuratorium, which participated in all phases in the process of making decisions on the Main themes, special topics and the choice of the most competent speakers for them. Some problems were discussed on several consequent Kuratorium sessions, in between having telephone calls or discussed in smaller groups before the final decision was approved.

Having in mind all the mentioned factors important for the success of an international meeting of special significance, long-range objectives, ambitious goals and noble aims, it is evident that it was not possible to achieve this by the efforts only of one, or even of several people. That was an early invention, a kind of inspiration of Gerald Grinschgl, with whom I sometimes discussed on this approach and methodology. Later it was mutually

conferred to the new Kuratorium members, so this philosophy was accepted by the majority of the Kuratorium members, led by Helmut Lechner and me. The Kuratorium sessions were organized 3 times in a year, during the summer in Pula, one in autumn and one in spring. On the previous discussions in summer were chosen Main themes, possible topics and names for Academic lectures, Workshops and Satellite symposia. The **Joint meeting with Alps-Adria Working Community** was organized under the guidance of Professor Battistin (earlier Fontanari) in contacts with the Secretary General and Kuratorium. The meetings in autumn would determine the titles and speakers of the 3 Main themes (incl. AA joint meeting), of Academic lectures and other sessions of the Symposium. In the spring meeting Kuratorium members discussed the details, but also the general themes, advances in the fields of our interests, etc. Every member had right and possibility to pose some problem for discussion, having the right and obligation, to let the same chance to others. Such exchanges of arguments, proposals and various approaches were always interesting, sometimes tiring, but instructive, initiating new approaches and new visions. For such a work everybody needed to have a great enthusiasm and a dose of altruism: in our days of hasty living it would be regarded a »lost time«. Later, after Grinschgl's death, Lechner accepted this approach to the Kuratorium meetings, stressing importance that all active Kuratorium members achieve the basic goals of the INPS meetings as a specific neuropsychiatric and humanistic institution through their unanimous activities. We must know, however, that the social atmosphere in those times permitted such an organization, what necessitated additional financial resources and support from governments or local administrations.

Probably Grinschgl best defined our common relations to these problems, which exist since the human societies have developed their social relations to problems of our existence in the world: *»Now, after twenty Pula symposia, we have a joy and pride in knowing that the »Pula School« not only has a reputation as a new form of joint scientific endeavor, but also exercises a fascination on all who ever attended it, and have not have fallen prey to the prudery of being addicted to international congresses and to the vanities of »all-over-the-place« pseudo-science.«* (6)

We should mention, at least some of the **invited speakers** during the first 25 years, to understand how much important was regarded the choice of speakers, among whom were indeed the first names of neurology and psychiatry, in Europe, in the region and in the world, including the Croatian and Yugoslav speakers: Ackermann, Ambrosy, Arseni, Barac, Bauer, R van den Bergh, Bertha, Betlheim, Birkmayer, Blažević, Bresser, Černaček, Ćuk, Deisenhammer, Dimitrijević, Dogan, Eichorn, Ercegovic, Fališevac, Frauchiger, Gajdusek, Ganner, Gerstenbrand, Glaser, Grčević, Grinschgl, Gross, Gvozdanović, Hager, Hajnšek, Hanzal, Huber, Hinterhuber, Jeličić, Jellinger, Jereb, Jochheim, Jušić, Kartin, Katschnig, Kazner, Kogoj, Magyar, Marguth, Mumenthaler, Peršić, Podreka, Riederer, Rukavina, Scheid, Schergna, Schnaberth, Schuchardt, Sieg-

fried, Simko, Singer, Sepčić, Stammer, Stochdorph, Steinbrecher, Struppler, Tariska, Tavolato, Turčin, Unterharnscheidt, Vencovsky, Werner, Wieck, Zapotocsky. – Many others have joined in the last 25 years this list completing it as leading and recognized clinicians and scientists in our disciplines in Europe and in the world.

Some of the authors of valuable *Scientific contributions* in the first 25 years of our meetings, then Symposia, were already then eminent clinicians and scientists, while many others became that some time afterwards or much later: Antončić, Arko, Arseni, Van den Bergh, Beus, Birkmayer, Bokunjić, Brainin, Brenner, Bresser, Bumbaširević, Chrast, Ćuk, Deisenhammer, Demarin, Dietze, Dimitrijević, Fališevac, Femenić, Ferko, Fieschi, Fontanari, Franjić, Gospavić, Gostl, Grbeša, Haasz A and I, Hager, Hamel-Puškar, Hlavka, Horanyi, Hrastnik, Ignjatović, Ivačić-Bohaček, Iveković, Jakovljević, Jančević, Jekić, Jurinović, Kazner, Kielholz, Klun, Kogler, Kožić, Kryžanowski, Kulčar, Kunz, Ledinski, Ledić, Lević, Loga, Lupret, Maglajlić, Mandić, Maretić, Marguth, Marković, Matković, Milekić, Milohanić, Muačević, Mundinger, Nadj-Koša, Nazor, Očić, Orovčanec, Papageorgiou, Pateiški, Puunović, Poljaković, Popović, Pouše, Pöldinger, Pražić, Rakić, Reić, Rogina, Rosenzweig, Rumpl, Sartorius, Sayk, Seitelberger, Sekulović, Schergna, Sepčić, Siegfried, Simko, Sisek, Stula, Štafl, Štampalija, Šubić, Šugar, Šurdonja, Vodopija, Weiner, Zec, Žagar, Žele, Župić.

Having in mind the scientific development and the specific character of the Pula meetings, international achievements and social atmosphere present at the meetings, we remind the early pioneers of the Pula Symposia: Rosenzweig, Grinschgl, Lopašić, Bertha, Scheid, Dogan, Marguth, Lampar, Paal, Peršić, but also the guests of the meetings, Dr. Dengler, the Lord Mayors of Graz and Pula, other high representatives of public and social life of the guest and all participating countries, giving support to both scientific and social – humanistic facets of these meetings. Such thoughts, even when fragmentary spoken then, continuously later, as well as now, many have defined these meetings, nearly from beginning, as **»the Pula School of Science and Humanism« (Die Pula Schule der Wissenschaft und Humanismus)**, entitled so by President Wegart, Stepantschitz, Grinschgl, Lechner, Ristić, Huber, Neundörfer, Lanner, Lević, Loga, Vodusek, Demarin, many others, and, finally, myself (2, 3, 8).

Eminent colleagues, our Kuratorium members and honorary members gave their short reminiscences and evaluations of the INPS/INPC in the last two and half decades. Professor Bernhard Neundörfer, honorary INPC Kuratorium member, for many years organizer of the neurological themes, resumes the meaning of the Pula meetings in his way: *»What is now the fascination of the Pula-Congresses and what renders them nearly unmistakable for a neurologist in his function of the author and at the same time the Program organizer of neurological themes (mostly with Professor David Vodusek (Ljubljana)? These meetings intended to bring together Neurology and Psychiatry from the very beginning at their foundation in 1961, represented academically by a joint chair of Neuropsychiatry*

in many places (like in Graz and Zagreb). In most European countries Neurology and Psychiatry were finally separated in the seventies and eighties of the past century, developing further new subspecialties in each of them. Nevertheless, it was regarded by many academic and practical neurologists and psychiatrists that it was still essential that both subjects, neurosurgery included, co-operate, as they work scientifically with the same basic matter: the brain and the central nervous system, using often the same modern research and diagnostic methods (Neuroimaging, Electrophysiology, Biochemistry, Molecular Genetics, Morphology, etc). – The Pula Congresses have offered therefore the ideal and extremely rare stage, apart from the South East European Society for Neurology and Psychiatry Congresses in Thessaloniki (Greece), or, the rich in tradition Baden-Baden touring meetings, limited however to Germany. Core of the Congresses have been Main Themes, dealing with Neurology as well as Psychiatry, partly including Neurosurgery, treated in common bigger intersections. These central *»Main topics«* with 5–8 main lectures by internationally recognized research scientists, mostly from participating countries (Austria, Germany, Italy, Croatia, Slovenia, Bosnia and Herzegovina, Serbia, Macedonia, Poland, Czech, Slovakia, Hungary) were accompanied alternatively by Workshops, Postgraduate Courses (in English, German or Croatian), Satellite Symposia, Academic Lectures and Lunch-meetings (headings being *»Errors in Neurology and Psychiatry«*, *»Bridges between Neurology and Psychiatry«*, *»Social Aspects in Neurology and Psychiatry«*). Since 1987 a scientific meeting under the Neuroscience Section auspices of the ARGE Alps-Adria has become an integral part of the Pula meetings, organized and directed for many years by Prof. Battistin from Padua.« Neundörfer further analyzed the presence of special themes in INPC: *Stroke, Intensive neurological treatment, Neurosurgical treatment of stroke, Epilepsy, Neuroimmunology and MS, Diseases of older age and dementias, Movement disorders and Parkinsons disease, Pain in neurology and psychiatry*, specially mentioning brilliant Academic lecture of Amos Korczyn within the series *»Errors in Neurology and Psychiatry«* (2008), *»Where is the pain in the brain?«* (13).

He finally answers to the most important question: *»Have the Pula Symposia, recently Congresses, meet the criteria of bridging Neurology, Neurosurgery and Psychiatry? I definitely think »YES«.* This can be proved in many respects. In the past, the topics were discussed and decided on in annually two meetings of the Kuratorium Members, together with the Secretaries General, so that already on the organizational level profound talks took place between the colleagues from Neurology, Neurosurgery, and Psychiatry. Besides, again and again certain topics were jointly discusses, e.g. *»Cognitive Disorders«* in 1988, *»Vertigo and Disturbances of Balance«* in 1989, *»Diseases in Older Age«* in 1990, *»Rehabilitation in Neurology and Psychiatry«* in 1991, *»Psychosomatics of Headache«* in 1992, *»Aging and Coping Mechanisms«* in 1993, *»Advances and Genetics in Neurology and Psychiatry«* in 1994, *»Costs and Benefits in Neurology and Psychiatry«* and *»Pain in Neurology and Psychiatry«* in 1996, *»Gender Differences in Neurology and Psychiatry«* in

2001, »Neurological and Psychiatric Aspects of Movement Disorders« in 2003, »New Therapeutic Trends in Psychiatry and Neurology« in 2004, »Neuroimaging in Neurology and Psychiatry« in 2005, »New Developments in Psychiatry and Neurology« in 2006. – If the main topics as elaborated in detail in the last decade by the Program directors Huber and Gross (Bonn) for Psychiatry, Vodušek (Ljubljana) and Neundörfer (Erlangen) for Neurology, were discussed in separate meetings, then the parallel meetings were avoided, so that Neurologists, Neurosurgeons and Psychiatrists, each of them, according to their specific inclinations and particular practical needs, could make decision to attend lectures of the other subjects: this was happening more or less like an exchange. The same is completely valid also to the ARGE Alps-Adria meetings lead by Battistin (Padua), where often subject overlapping topics were selected, presented and discussed by multinational and multidisciplinary teams.«

Neundörfer's final sentences reads: »If the newly elected Secretary-General, Prof. Vida Demarin from Zagreb, will follow those principles as described before in the future, which already happened in 2008 and 2009, the prosperous outlook and the best scientific and professional future of the International Neuropsychiatric Pula Congresses is guaranteed.« (13)

The leading German psychiatrist in the era after the 2nd World War, honorary Member of the INPC Kuratorium, Professor Gerd Huber, deceased unexpectedly in April 2012 after the successful Bonn Symposium dedicated to his work (December 2011), in a long review (Huber and Gross, 14) on the INPC Congresses wrote: »At the 35th Symposium (1995) the psychiatric main theme was »Development and clinical utility of the basic symptom concept«. Contemporary developments underestimated the psychopathological approach, what resulted in a threatening loss of clinical competence for psychiatric research and practice. It has been shown that the epoch of psychopathology is far from over; further which kind of psychopathology is relevant to psychiatry and that the phenomenological psychopathology is the science that has to take the lead previous to all other sciences in psychiatry. This analytical describing psychopathology closely connected with the method of genetic understanding, originated from the »General Psychopathology« of Jaspers (1946) and has been further developed by the Heidelberg Psychiatric School of Mayer-Gross, Homburger and Gruhle until K. Schneider and Huber whose work encompasses the entire field of clinical psychopathology and psychiatry. The extremely objectifying psychiatry of Kraepelin has been overcome methodologically and as a systematic approach by the psychopathology, presented by Jaspers and K. Schneider, aiming more at the elucidation of the patients' own inner experiences in their diverse modes together with the observations of his or her behavior. The history, the actual position and the tendencies of development of the concept of basic symptoms and basic stages, the Bonn Scale for the Assessment of Basic Symptoms (BSABS) and the meaning of the concept for therapy, prevention, rehabilitation and the understanding of patients, suffering from schizophrenia and related psycho-syndromes, are presented. The doctrine of positive and negative schizophrenia

symptoms and the questions of specificity, of possibilities to objectify the pure deficiency syndromes and the psychopathological transitions between distinct cognitive thought, perception and action basic symptoms and first rank symptoms are discussed (first English edition, 2008). The available data on the whole, speak rather against models of continuity, assuming a manifest psychological-psychopathological schizothymia-schizophrenia dimension in the sense of Kretschmer. Irrespective of the hypothesis of a brain disease being at the root of schizophrenia and related disorders, the comparison of the most relevant models of schizophrenia course results in the conclusion that the concepts of Kraepelin, Andreasen and Crow can scarcely be maintained, whereas the findings are rather compatible with the essential assumptions and results of the basic symptom concept.« (14)

We shall quote still some important thoughts on the INPC meetings from our honorary Kuratorium member, our long years' collaborator in preparing of neurosurgical problems, Prof. Günther Lanner: »... Already in 1966 at the Kuratorium Meeting Professor Marguth was elected into the Board of Trustees as first neurosurgeon, what later has become a tradition. Nowadays the neurosurgery has become a regular constituent of these meetings, what has become, in my personal opinion, one very specific outstanding trait of these meetings. Later on, the neurosurgeons V Dolenc (Ljubljana), G Lanner and E Uhl (Klagenfurt) followed him in the Pula Board of Trustees. Neurosurgical members in the Scientific Advisory Board were R Fahlbusch (Erlangen), B Richling (Salzburg) and M C Spendel (Klagenfurt). A former Corresponding Member of the Board was then eminent neurosurgeon R van den Berg (Leuven). The eminent European neurosurgeons Marguth (Munich), Schürmann (Mainz) and Heppner (Graz) had reported about neurosurgical interventions in pain surgery, especially in trigeminal neuralgia, about ablative methods for pain reduction and about patients in coma from neurosurgical point of view. ... – Many eminent and famous neurosurgeons had attended the Pula Congresses. As a substitution for a vast number of eminent and experienced neurosurgeons from several European countries who had attended the Pula Congress, some well known neurosurgical names we have found in the documents at hand, should be named, at least« ... By their origin there were 12 from Austria, 4 from Croatia, 3 from Slovenia, 11 from Germany, 4 from Hungary, 1 from Belgium (15).

The Kuratorium member Slobodan Loga, Professor of Psychiatry in Sarajevo, eminent member of the Academy of Sciences and Arts of Bosnia and Hercegovina, analyzing the participation of neurologists and psychiatrists from BaH, wrote: »Today without any doubt we may say that the INPC presents an inevitable professional and educational institution for all neurologists and psychiatrists seriously involved in this medical field. Reputation of lecturers, selections of actual topics, fruitful and constructive discussions are aspects why INPC brought attention of young, perspective neurologists and psychiatrists in Bosnia and Hercegovina.« And concludes: »Five decades of work, previously International Neuropsychiatric Pula Symposium (INPS), since 2005 International Neuropsychiatric Pula Congress

(INPC), left a deep trace in professional and scientific work of neurologists and psychiatrists in Bosnia and Herzegovina. Excellently created, always led to achieve an aim for getting greater and advanced knowledge for participants and for the benefits of patients. Exchange of experience is one of the most awarding work methods of INPC.» (16)

Certainly, also all participants from other parts of the former Yugoslavia, but also from neighboring countries and from other parts of Europe and the world would approve these words.

I expressed in many occasions my thanks to all the lecturers, eminent scientists and professionals from Europe, distant and neighboring, developed and less developed countries, for giving lectures and for preparing their papers for publication in the »Proceedings«. Specifically I want to give my warm, cordial friendly and sincere thanks for collaborating in the **Jubilee Memorial book (1)**, commemorating our common deeds and eminent personalities in the past: *Battistin, Bechter, Demarin, Gross, Hotujac, Huber, Kostić, Kugler, Lanner, Loga, Marković, Muačević, Neundoerfer, Niederhorn, Pogačnik, Sinanović, Trkanjec, Vodušek, Wender, Barac*, and the reprinted or translated papers of our deceased friends: *Ganner, Grinschgl, Lechner*. At this spot we memorize our very active friends, member from Serbia: *Lević* and *Paunović*. We may only wish that the papers written by eminent colleagues might be approachable in the future also by Internet, giving scientific and humanistic inputs to new generations of neurologists and psychiatrists until the medicine will remain a discipline helping human race and every individual man.

Honoring all speakers, participants and guests, I want to mention one of our dear friends who left us after preparing his last lecture in Pula (49th Congress, 2009), the eminent German neuropsychiatrist and clinical neurophysiologist *Professor Hans Helmut Kornhuber*, inventor of the »readiness« potentials (»Bereitschafts Potentiale«). Due to his illness his paper was presented by Professor Bechter at the Opening ceremony of the 49th INPC. In this valuable paper »**Human freedom and the brain**« he discussed the bases of philosophical and neurobiological approaches to this greatest question of humans, from the ancient civilizations to our days. He insisted that the human freedom, coming from the human brain mechanisms, is the unique phenomenon in the world, recognized as the ability of human individual to make the free choice of one, among several possibilities. »*Man is born for freedom of the will – but he must develop it*«. The human freedom is »*the highest ability of man, more than a speech or his intelligence: it is the comprehensive virtue to make life worth living by doing good deeds and finding happiness of meaning*«. It is »*never complete, always in danger but we can and must do something for it ... helping one another*«. – »*There is, independently of the class, the human nobility that comes from long good will. But we should behave worthy of this high gift and not abuse it to ruin the beauty of earth*«. His scientific, philosophical and moral messages were deeply inherent in the traditions of the »Pula School of Science and Humanism« (16).

The Pula Symposia is the best example of interdisciplinary collaboration in the field of neurology and psychiatry: originating from the same scientific and cultural roots, the two disciplines on the territories of Central and South-East Europe got new perspectives for more intensive scientific and professional collaboration and for international postgraduate education, with lecturing scientists throughout the world. The scientific and humanistic mission of the Pula Congresses is in dealing with the changing position and problems connected in neurology and psychiatry. The two disciplines have become extremely important for the modern medicine in the last decades, in view of fast advances in basic neurosciences and rapid progress of medical technology, especially in such delicate matters such as investigations of the human brain, the organ of human mind. Neurology and psychiatry have developed during the second half of the 20th century as independent scientific and practical medical disciplines, with a big number of subspecialties and with their particular methodologies and technologies. This enabled revolutionary changes in the concept of many neurological, also of psychiatric, diseases and disorders, with new possibilities in diagnostics, management, restoration of function and prevention, with new advances in other collaborating disciplines.

Many personalities from political and public life, sponsors and institutions from Austria, specially Graz and Styria, former Yugoslavia, Croatia and others, deserve the gratitude, both from organizers and participants, for having given through many years their support from the very beginning to the present times for this unique endeavor in the history of the European scientific medical meetings. After so many eminent scientists, teachers, professionals and humanists, giving much of their knowledge, enthusiasm and human love to these meetings and to all their participants and guests, it is left for me only to wish that our colleagues and friends who took the honorable mission to continue this unique and daring endeavor. Vida Demarin, her Austrian collaborator Kurt Niederkorn with their collaborators, stressing these ideas in their contribution (17), are the firm assurance for the future of these international meetings with their traditional venue on the Croatian soil.

The INPC continue, we hope, in their Sixth Decade, the confirmed successful mission for many coming years, conferring hope to people, healthy and ill, for a happy living in the next decades and centuries, in spite of all menaces appearing in our days to destroy the human civilization and even the life on our Earth. The Croatian participants and organizers may be proud on their contributions to this common project.

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